

# Sawgrass Elementary Counseling Newsletter!

October 2023



## It's Fall, Y'all

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The first quarter is well under way!  
While school work is important, it's  
equally as important to give our  
brains breaks!

The more well rested and relaxed our  
students are, the more they can  
succeed in school!



## October Theme: Responsibility – Resiliency

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This month we're focusing on Responsibility  
and Resiliency. This means:

- Having a growth mindset
- Setting & Achieving Goals
- Achieving goals and learning how to work through stress
- Staying focused & motivated!



# SERVICES OFFERED BY SCHOOL COUNSELORS



## Counseling Groups

### Student Success Skills

A small group for 4th and 5th graders, helping students develop the academic, social, and self-management skills they need to succeed

### Changing Families

A small group for students of all ages, helping students cope with family changes such as divorce, new family members, and any other significant changes.

### Book Club

A small group for students K-2, each book discusses positive character traits and helps students learn and discuss their feelings and ways to express themselves appropriately.

### And more!

We also run groups for students to manage anxiety, stress, depression, and more.

### Individual Counseling

Counseling can last between 8 to 10 weeks, with a focus on short-term problem-solving, behavior management, and resiliency skills!

Areas of focus include: social skills, academic support, mental well-being, and emotional support!